



COVID-19

INFORMATION & RESOURCES

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INFORMATION & RESOURCES

COVID-19

As we work to contain the spread of COVID-19, I wanted to share the resources and information currently available at the federal, state, and local level.

My website now includes a new [page](#) full of resources for CA-15 residents. You'll find links to an array of local resources, including public health information from [Alameda](#) and [Contra Costa](#) counties, grab-and-go meals for students, updates on the latest from local health care providers and federal agencies, and more.

For additional information and resources, check out the [California Department of Public Health's page](#) for COVID-19 updates.

SERVING YOU

Like many businesses, schools, and organizations, my office has instituted a telecommuting policy to protect public health and slow the spread of COVID-19. However, if you have any questions about resources or need assistance with federal agencies, my staff remains available to help.

Please visit my website or contact my [East Bay office](#) at (510) 370-3322. You can also join me on Twitter [@RepSwalwell](#) and [Facebook](#).

We will get through this. It's who we are and what we do.

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PUBLIC HEALTH INFORMATION

All of the information contained in this document comes from the following resources:

[Centers for Disease Control](#)
[COVID-19 Response in California](#)
[Alameda County Public Health Information](#)
[Contra Costa County Public Health Information](#)

Information from additional sources is cited.

UPDATED COVID-19 CASE STATISTICS:

[Nationwide](#)
[Bay Area](#)

COVID-19 SYMPTOMS:

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed COVID-19 cases.

These symptoms may appear 2-14 days after exposure (based on the known information about the incubation period of MERS-CoV viruses).

- Fever
- Cough
- Shortness of breath

Anosmia, the loss of sense of smell, and ageusia, an accompanying diminished sense of taste, [have emerged as peculiar telltale signs of COVID-19](#)

WHAT TO DO IF YOU HAVE SYMPTOMS:

Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your health care provider for medical advice, including whether you should be tested for COVID-19.

Because of COVID-19, you can apply now for coverage if you are uninsured and eligible. [Click here for the latest information from Covered California.](#)

PUBLIC HEALTH INFORMATION

WHEN TO SEEK EMERGENCY MEDICAL CARE:

If you or a loved one develop emergency warning signs for COVID-19 get medical attention (call 911) immediately. Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion or inability to rouse
- Bluish lips or face

Please call ahead if you are experiencing COVID-19 symptoms so health care providers can properly prepare for your arrival.

HIGH-RISK GROUPS:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma.
 - People who have serious heart conditions.
 - People who are immunocompromised, including those undergoing cancer treatment.
 - People of any age with severe obesity (body mass index [BMI] >40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk.
 - People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk.

Many conditions can cause a person to be immunocompromised, including cancer treatment, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications.

PUBLIC HEALTH INFORMATION

FOR THE LATEST INFORMATION FROM MAJOR CA-15 HEALTH CARE PROVIDERS, CLICK BELOW:

- [Kaiser Permanente](#)
- [Stanford ValleyCare](#)
- [San Ramon Regional Medical Center](#)
- [Eden Medical Center/ Sutter Health](#)
- [St. Rose Hospital](#)
- [Fremont Hospital](#)
- [Washington Hospital Healthcare System](#)
- [Tiburcio Vasquez Health Center](#)

COPING DURING COVID-19 — MENTAL HEALTH RESOURCES:

COVID-19, and the accompanying physical and financial worries, can cause considerable amounts of stress. [Click here for Alameda County mental health resources](#) or call the 24 hour Alameda County crisis line at 1-(800)-309-2131. [Click here for Contra Costa County mental health resources](#). If you are experiencing a mental or emotional crisis, call our 24-hour Access Line at 1-888-678-7277 for mental health resources or the Contra Costa Crisis Center at 1-800-833-2900 for 24-hour crisis support.

DOMESTIC VIOLENCE RESOURCES:

The [National Domestic Violence hotline](#) is open 24/7. They also offer a chat option. All chats and calls are completely confidential. Call 1-800-799-SAFE (7233).

TIPS AND CONTACTS FOR COPING WITH COVID-19:

- Caring for someone with dementia? [Click here for tips and contacts from the Alzheimer's Association.](#)
- Caring for someone on the autism spectrum? [Click here for tips from the Autism Society.](#)
- Feeling stressed out by all of this? [Click here.](#)

PUBLIC HEALTH INFORMATION

CALIFORNIA'S STAY-AT-HOME ORDER:

The California State Public Health Officer and Director of the California Department of Public Health is ordering all individuals living in the State of California to stay home or at their place of residence, except as needed to maintain continuity of operation of the federal critical infrastructure sectors.

Essential services will remain open, such as:

- Grocery Stores
- Hospitals, Pharmacies, and Drug Stores
- Gas Stations
- BART and Public Transit for "Essential Trips"
- Banks
- Laundromats/Laundry Services

Essential state and local government functions will also remain open, **including law enforcement** and offices that provide government programs and services.

What's closed?

- Dine-in Restaurants
- Gyms and Fitness Studios
- Churches, Synagogues, and Mosques
- Bars, Night Clubs, and Movie Theaters

Need more information? [Click here.](#)

HOW TO CARE FOR SOMEONE AT HOME:

The guidance below contains information on how to best care for someone at home including, how to monitor for emergency signs, prevent the spread of germs, treat symptoms, and carefully consider when to end home isolation. The information can be found [here](#).



RESOURCES

GENERAL RESOURCES

TAX DEADLINES:

Federal: [Tax day has been postponed to July 15th.](#)

State: [Tax day has been postponed to July 15th.](#)

Local: Alameda and Contra Costa County property taxes are still due on April 10th.

AVOIDING COVID-19 SCAMS:

Scammers are taking advantage of fears surrounding COVID-19. To report COVID-19 scams or crimes, click [here](#) or email COVID19compliance@acgov.org to report it to the Alameda County Sheriff's Office.

RENT DEADLINES AND EVICTIONS:

Governor Newsom has [issued an executive order](#) that authorizes local governments to halt evictions for renters, landlords, and homeowners, slows foreclosures, and protects against utility shutoffs for Californians affected by COVID-19.

DIRECT CASH PAYMENTS:

The Internal Revenue Service (IRS) will work to deliver rebates quickly in the form of advance payments. For people who filed a federal income tax return in 2018 or 2019, payment processing will be based on payment or address information already on file with the IRS. Electronic distributions will be automatic to an account the payee authorized January 1, 2018 or later. Taxpayers must have Social Security Numbers for themselves and their qualifying children in order to receive rebates. [Click here](#) for additional information.

RESOURCES

FOOD ASSISTANCE

Need immediate food assistance? [Click here for the latest information from the Alameda County Community Food Bank](#), or call the helpline at 1-800-870-FOOD (3663) or 1-510-635-3663 9 a.m. to 4 p.m. Monday through Friday, or visit [FoodNow.net](https://www.foodnow.net).

Need to apply for Supplemental Nutrition Assistance Program (SNAP)? [Click here for the CalFresh program](#).

CLICK BELOW FOR INFORMATION ON CURBSIDE PICK-UP MEALS FOR STUDENTS AFFECTED BY SCHOOL CLOSURES:

- [Alameda County](#)
- [Contra Costa County](#)

CLICK BELOW FOR INFORMATION ON HOME-DELIVERED MEALS FOR HOUSEBOUND SENIORS:

- [Hayward, Castro Valley, San Lorenzo, San Leandro](#)
- [Union City, Fremont](#)
- [Dublin, Pleasanton, Livermore, Sunol](#)
- [San Ramon](#)

CLICK BELOW FOR INFORMATION ON CURBSIDE PICK-UP MEALS FOR NON-HOUSEBOUND SENIORS:

- [Dublin](#)
- [Open Heart Kitchens \(Dublin, Pleasanton, Livermore\)](#)

RESOURCES

TRAVEL RESOURCES

DOMESTIC TRAVEL RESTRICTIONS:

There are currently no domestic travel restrictions or advisories in place. However, several states are enforcing “stay at home” restrictions. The [CDC recommends](#) that travelers at higher risk for COVID-19 complications avoid all cruise travel and nonessential air travel.

INTERNATIONAL TRAVEL RESTRICTIONS:

The State Department is advising Americans to avoid all international travel at this time. In countries where commercial departure options remain available, Americans seeking to return home should make immediate arrangements to do so, unless they are prepared to remain abroad for an indefinite period. For more information on the State Department’s worldwide “Level 4” travel advisory, please click [here](#).

- A number of countries have suspended all international air travel, and more may follow suit. We are in regular contact with the State Department and are working around the clock to ensure Americans in those countries can return home safely.
- The State Department has created a 24-hour public hotline for Americans abroad who are impacted by the COVID-19 crisis. For callers in the U.S. and Canada, the number is 888-407-4747. For those dialing from overseas, the number is 202-501-4444. Travelers are also strongly encouraged to enroll in the [State Department’s Smart Traveler Enrollment Program \(STEP\)](#) to receive alerts and make it easier to locate them in an emergency.

[CDC Materials for Incoming Travelers from High-Risk Countries](#)

[State Department Capabilities in a Crisis](#)

[Country-Specific Information/Health Alerts](#)

[Embassy-Specific COVID-19 Information](#)

[Reducing Stigma](#)

[CDC’s Travel Website](#)

RESOURCES

TRAVEL AND OTHER RESOURCES

FOR THE LATEST INFORMATION ON CA-15 PUBLIC TRANSIT, CLICK ON THE LINKS BELOW:

- [BART](#)
- [AC Transit](#)
- [LAVTA](#)
- [Altamont Corridor Express \(ACE\)](#)
- [County Connection](#)
- [Amtrak](#)

FOR THE LATEST INFORMATION ON CA-15 CITY SERVICES, CLICK BELOW:

- [Hayward](#)
- [Union City](#)
- [Fremont](#)
- [Dublin](#)
- [Livermore](#)
- [Pleasanton](#)
- [Castro Valley, San Lorenzo, Sunol and other unincorporated areas of Alameda County](#)
- [San Ramon](#)



RESOURCES

SMALL BUSINESS RESOURCES

Small businesses are the backbone of our economy and community. Congress is working to secure \$375 billion in emergency assistance for small businesses struggling to stay open. See below for additional information and resources.

All information, unless cited, are pulled from the following updated COVID-19 resources:

[Small Business Administration](#)
[Congressional Committee on Small Business](#)

CURRENT CALIFORNIA BUSINESS CLOSURES:

All businesses, [except those on this list](#), must close. You can contact the [State](#) or [Alameda](#) or [Contra Costa](#) County with additional questions.

RESOURCES

SMALL BUSINESS RESOURCES

SMALL BUSINESS ADMINISTRATION GUIDANCE:

The following guidance is from Small Business Administration:

- It is crucial to find out what your options are in preparation for business closures over the next 30, 60, 90 days.
 - Have a conversation with your landlord- if your store is brick and mortar- to see what your options are?
 - “Can I defer lease payments to another period in time?”
 - Call your insurance company to see if you have “Business Interruption Insurance” that will cover your:
 - Lease/rent payments
 - Payroll
 - Inventory
 - If you have an existing loan, talk to your lender to request a deferment of payment.
 - Most lenders are deferring payments for 30-90 days.
 - Small Business Administration Loans are being granted an automatic 6-month deferment period.



RESOURCES

WORKER RESOURCES

PAID SICK LEAVE:

I voted to pass the bipartisan [Families First Coronavirus Response Act](#), which guarantees two weeks of paid sick leave and up to three months of paid family and medical leave for many American workers. An FAQ from the Department of Labor on these provisions can be found [here](#).

ENHANCED UNEMPLOYMENT INSURANCE:

Through July 31, 2020, the federal government would provide a temporary Federal Pandemic Unemployment Compensation (FPUC) of \$600 a week for any worker eligible for state or federal unemployment compensation (UC) benefits. The FPUC would be paid in addition to and at the same time (but not necessarily in the same check) as regular state or federal UC benefits. [Click here](#) for additional information.

FILING FOR UNEMPLOYMENT:

If you are unable to work, have been laid-off, or had your hours reduced due to COVID-19, [you may be eligible for unemployment benefits](#). [Click here](#) for more California-specific information about what type of unemployment insurance you can file for. For folks working outside of California, [click here](#).



RESOURCES

STUDENT RESOURCES

SCHOOL CLOSURES:

Bay Area schools will remain closed at least through May 1.

[Click here for more information.](#)

STUDENT LOANS:

The Trump Administration announced that they [will freeze interest on all student loans](#).

If you are a borrower who has found themselves unable to make payments on their student loans due to the crisis, please reach out to your loan provider and enter into an income-driven repayment plan. Many loan providers will also allow you to defer payments if you have lost your job or are dealing with other economic issues.

ELIMINATED STUDENT LOAN REPAYMENT ASSISTANCE TAX:

The income tax on employer-driven student loan repayment assistance has been eliminated.

RESOURCES

VETERAN RESOURCES

U.S. DEPARTMENT OF VETERANS AFFAIRS:

The Veterans' Administration (VA) has implemented an aggressive public health response to protect and care for veterans in the face of the health risks presented by COVID-19. For more information on the VA's preparations for COVID-19, [click here](#).

GI BILL RECIPIENTS:

The House unanimously passed [S. 3503](#), which would clarify that if student veterans are forced to change enrollment status from full-time to online/distance learning as a result of COVID-19, their GI Bill housing allowances will not be affected. President Trump signed this bill into law on March 21, 2020.

Further bipartisan efforts are underway to ensure that no student veteran will have their housing payments cut off, lose their work study income, exhaust their disaster housing stipend continuation payments, or lose their benefits due to a school closure in response to the COVID-19 public health emergency.

REP. SWALWELL ACTION

SERVING AND REPRESENTING YOU

My office and I remain committed to helping CA-15 families through this public health crisis. In addition to helping constituents with travel, unemployment claims, small business assistance, and other individual services, I:

- Re-introduced the [*Members Operating to Be Innovative and Link Everyone \(MOBILE\) Resolution*](#), bipartisan legislation that I've been offering since 2013 to make it easier for House Members to virtually take part in committee hearings and vote remotely on certain bills considered less controversial.
- Hosted a [Facebook Live conversation on COVID-19](#) with Dr. Stephen Lockhart, Chief Medical Officer of Sutter Health, to discuss social distancing, how the coronavirus spreads, and what you need to know to protect yourself.
- Hosted a [telephone town hall](#) with Dr. Arthur Reingold, Division Head of Epidemiology and Biostatistics at the UC Berkeley's School of Public Health, and Dr. Michael Anderson, President of UCSF Benioff Children's Hospitals.
- Compiled a [COVID-19 Impact Report on America's Students](#), which features first-hand stories from students in CA-15, to learn more about how the coronavirus has changed the future for so many students.
- [Called for CA-15 building contractors and residents to donate their available N95 masks](#). Approximately 150 N95 masks are now in the hands of a local CA-15 hospital—and we're still collecting more! If you're in our district and you have a significant supply of these masks to donate, please send me a direct message on Facebook or Twitter or leave a message at (510) 370-3322.
- [Wrote](#) to the House Committee on Rules Chairman, James McGovern, alongside Rep. Katie Porter and 65 of my House colleagues, to formally request a temporary change to House Rules to allow remote voting by Members during national emergencies.
- Spoke on the House floor in support of [H.R. 748, the Coronavirus Aid, Relief and Economic Security \(CARES\) Act](#). Watch my full speech [here](#).

CONGRESSIONAL ACTION

PHASE ONE

The first bipartisan congressional package to address COVID-19 consisted of an \$8.3 billion emergency supplemental appropriations bill. It appropriated funds to develop and research a vaccine, fund public health programs, procure pharmaceuticals and medical supplies, facilitate the development of new therapies and treatments, and gave an estimated \$7 billion in low-interest loans to affected small businesses, to help cushion the economic blow of this public health emergency.

PHASE TWO

The second bipartisan congressional COVID-19 bill, the [*Families First Coronavirus Response Act*](#), secured free COVID-19 testing and provided family and worker protections. The [*Families First Coronavirus Response Act \(H.R. 6201\)*](#):

- Established free testing for COVID-19 for all Americans.
- Secured emergency paid leave with two weeks of paid sick leave and up to three months of paid family and medical leave.
- Secured enhanced Unemployment Insurance, a step that will extend protections to furloughed workers.
- Strengthened nutrition security initiatives, including SNAP, student meals, seniors' nutrition, and food banks.
- Increased federal funds for Medicaid to support our local, state, tribal, and territorial governments and health systems, so that they have the resources necessary to combat this crisis.

CONGRESSIONAL ACTION

PHASE THREE

The third bipartisan congressional COVID-19 funding bill, [*H.R. 748, the Coronavirus Aid, Relief, and Economic Security \(CARES\) Act*](#), is a nearly \$2 trillion stimulus package to help American families, businesses, and workers get back on their feet. It includes:

- \$375 billion for small businesses
- \$150 billion for local and state governments
- \$260 billion in expanded unemployment benefits
- \$200 billion for hospitals, who are on the front lines of fighting COVID-19
- Direct one-time payments of \$1,200 to most American adults
- Loans to businesses
- An expansion of unemployment insurance + other social safety net programs



STAY UPDATED

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swalwell.house.gov/newsroom/e-newsletters

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CONGRESSMAN

ERIC SWALWELL



PROUDLY SERVING CALIFORNIA'S 15TH CONGRESSIONAL DISTRICT